## Long Term Care Options Counseling: Working With Older Adults

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LTC Options Counseling: Older Adults

#### Goals and Objectives

- Older adults, who are they?
- Common issues required knowledge base
- Barriers to accessing and/or accepting assistance
- Role of family, friends and neighbors

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## Wisconsin's Older Population

Age 60 and older = 907,552 - 16.9%

Age 65 and older = 702,553 - 13.1 %

Age 85 and older = 95,625 - 1.8%

Age 100 and older = 500 + (As of the printing of the "Centenarian Spirit in Wisconsin", 2000)

Of those 65 and older: 96% white, nearly 30% are below 200% of the federal poverty level, 9 – 18% are still employed, 67% are high school graduates or beyond, less than 5% have never married, 37% have some type of disability, and only 5% reside in a nursing home

U.S. Bureau of the Census, Census 2000





#### Demographic Changes

- "Baby Boomers" people born between 1946 and 1964 will rapidly accelerate the growth in the older adult population.
- The number and the proportion of older people relative to the rest of the population is increasing.
- The most rapid growth is in the population 85 and older.
- Increasing racial and ethnic diversity among older people.

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## Older Adult Population...diversity:

- 60 100+ years of age
- Ethnicity/culture
- Religion
- Geography
- Economics
- Education
- Work experience
- Family

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## Avoid Stereotypes

Interact with older adults as individuals not on the basis of preconceived ideas –

- Inflexible
- Intolerant
- Non-productive
- Second childhood in need of parenting
- Myth of serenity all old people are nice


#### Stereotypes (Cont.)

- Lonely and depressed
- Cheap or greedy
- Senile/dementia
- Deaf, poor vision, etc.
- Frail



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#### Common Role Transitions/Losses in Later Life:

- Retirement
- Residential relocation
- Widowhood
- Health Changes
- Relatives/friends
- Active parental roles
- Independence levels

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## Transitions/losses don't always lead to negative consequences...

- Opportunities to explore new interests
- Challenges
- Freedoms



The majority of older adults successfully adapt to transitional stress and report relatively high levels of life satisfaction. The older you are the more experience you gain in handling transitions and coping with change.

# A Different Perspective

# Aging is a "continuation of human development."

Thomas, M.D., William H. "What are Old People For? How Elders Will Save the World. Acton, MA: VanderWyk & Burnham, 2004



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"An elder is a person
Who is still growing,
Still a learner
Still with potential and
Whose life continues to have within it
Promise for and connection to the future."

Barkan, Barry. The Live Oak Definition of an Elder

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"...Tho' much is taken, much abides; and tho'
We are not now that strength which in old days
Moved earth and heaven, that which we are, we are;
One equal temper of heroic hearts,
Made weak by time and fate, but strong in will
To strive, to seek, to find, and not to yield."

Tennyson, Alfred. Ulysses. 1842

## Assessments: Strengths & Needs

In order to truly be of value to an older adult, we must focus not just on an individual's deficits and needs, but also on his/her strengths, skills, and resources.



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#### Getting the Contact

Less than 20% of people learned about the ADRC from written materials and advertisements. Most people knew about the ADRC from prior involvement in programs/ services or were referred by a family member, friend, or professional in the community.



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#### Maintaining the Contact

- Actively listen to what is being said and what is not being said. Red flags.
- No "ready made" script. Be flexible and "meet people where they are at."
- No "wrong doors."
- "Dosing" information is different than withholding.
- Ongoing contact relationship development to build trust and rapport.

#### Common Issues: Knowledge Base

- Long term care resources continuum of inhome and community to residential options
- Caregiver support services
- Housing; home maintenance, modification, repair
- Volunteer opportunities/employment
- Financial assistance to meet basic needs prescriptions, energy costs, food
- Transportation
- Mental Health and substance abuse

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#### Common Issues: Knowledge Base (Cont.)

- Insurance MC supplements, HMOs, prescription, long term care
- Health disease specific, screening, prevention programming, resources, support
- End-of-life issues
- Advance Directives Power-of-Attorney, Living Will, DNR bracelets, etc.
- Elder abuse
- Social, educational, recreational opportunities

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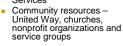
### Common Issues: Knowledge Base (Cont.)

- Estate Recovery
- Spousal impoverishment
- Public benefit programs
- Chore service providers
- Adaptive equipment/assistive technology

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## **Funding Options**

- Personal resources
- Personal resources
  Public resources –
  Medicare, Medical
  Assistance, SeniorCare,
  Family Care/LTC Waiver
  programs (COP,CIP, etc.),
  Alzheimer's Family
  Caregiver Support Program,
  National Family Caregiver
  Support Program, Veterans
  Services





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## Barriers to accessing and/or accepting assistance

- Best kept SECRET
- Accessibility
  - Location
  - Office hours, after hours options
  - Availability of home visits
  - Atmosphere
  - □ Language including jargon

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# Barriers to accessing and/or accepting assistance (Cont.)

- Assistive technology/alternate formats
- Electronic information
- Transportation
- Red tape
- Fear
- Pride
- Stigma related to public assistance
- Finances
- Family

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## Role of Family, Neighbors, & Friends

 80% of all care needs are met by family and informal supports.



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## Role of Family, Neighbors, & Friends

- Help and support vs. "taking charge."
- Family meetings getting everyone on the same page
- Long distance caregivers
- Confidentiality
- Self-determination

Questions???

Thank you